

HOW TO COOK WINTER SQUASH

Varieties: Acorn, Buttercup, Butternut & Spaghetti

Oven Method:

Cut squash in half. Scoop out seed and discard. Turn squash halves upside down in a 9X13 pan with 1" of water. Place in oven and bake approximately 45 min. Remove from the oven and turn squash halves right side up. Add 1 to 2 tablespoons of butter and 1/4 cup brown sugar or honey to hollow in squash. Return to oven and bake an additional 15 minutes. Preheat oven to 350°.

Microwave Method:

Pierce squash on 3 to 4 sides with a large tined meat fork or a sharp knife. Place in microwave and cook on high 9 to 12 minutes, depending on size of squash. Turn squash after each 3 minute of cooking time so squash cooks evenly. Remove from oven and cool 3 minutes. Slice open and remove the seeds. Add butter and brown sugar or honey to taste and microwave an additional 2 to 3 minutes.

Stove Top Method:

Split squash open, remove the seeds, peel the outside shell and cook in water as you would potatoes. Drain water after cooking. Mash and whip for a puree type dish and serve.

Suggestions:

Spaghetti squash can be removed from the shell and fluffed with a fork. Substitute spaghetti squash in any pasta dish calling for spaghetti noodles.